

at a glance

Aging and
Adult Services
in North Carolina

Summer 2008



WORKING TOGETHER FOR
STRONG, HEALTHY
AND SUPPORTIVE COMMUNITIES

Older Americans Month 2008

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Gov. Mike Easley designated May as Older Americans Month in North Carolina. This year's theme, "Working Together for Strong, Healthy, and Supportive Communities," was chosen by the U.S. Administration on Aging to reflect continued commitment to help our nation prepare for a larger aging population, and to bolster the efforts of baby boomers and older adults to achieve healthy aging, maintaining the dignity they deserve and providing them with more opportunities to live longer independently while contributing to communities they cherish.

Gov. Easley, in his 2008 Older Americans Act proclamation, said that, "North Carolina is pleased to join other states in this tradition of honoring older Americans and marking the 43rd anniversary of the federal Older Americans Act." He also urged communities to work collaboratively to strengthen preparedness and response for North Carolina's aging population while noting that by 2030, 75 of North Carolina's 100 counties will have more people age 60 and older than 17 and younger.

Easley also noted that North Carolina supports the creating of Livable and Senior-Friendly Communities across the state to enhance and encourage healthy aging of its citizens.

Working together, our communities can improve the health and well being of our older adults and pave the way for future generations.

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Older Americans Month continued from page 1

Here are just a few of the many events that occurred in North Carolina to celebrate Older Americans Month.

Spring Fling – Viva Las Vegas.

Elvis was in the building!
Winston-Salem

Unifour Senior Games

Caldwell County

Computers, books, volunteerism and others

Cumberland County Public Library
& Information Center

Siler City Center

Chatham County

Over 90's Party, Senior Day

Durham

Ice Cream Social and others

Hertford County Office of Aging

***Selma Senior Day,
Clayton Senior Day***

Johnston County

Senior Games and Others

Lee County

Your Future....

Make sure it's senior-friendly

Mathews (www.charmeckcoa.org)

"I-85" lunch and others

Rowan County Council on Aging

Golden Jubilee

Wake County

Cabarrus County Senior Center Achieves National Recognition

Congratulations to the Cabarrus County Senior Center staff in Concord for their achievement of Honorable Mention for their Healthy Lives, Healthy Futures Wellness Program. It is one of six senior centers nationally recognized for their participation in the Prescription for Better Health and Wellness Program sponsored jointly by CVS Pharmacy and the National Council on Aging. This program showcases centers that enable seniors to access and participate in activities that promote healthy lifestyles.

Older adults who participate in the wellness program at the Cabarrus Senior Center have the opportunity to be part of a testing program that records information on blood pressure,

heart rate, body mass index, endurance rate of a six-minute walk, lower body strength, overall flexibility/agility, and size measurements. The Center developed a Wellness Report Card, a tool to be used for recording the test results. This information helps to evaluate the wellness program as well as the individual achievements of participants.

The top honoree and five agencies that achieved Honorable Mention will describe their program which has earned them national recognition in the monthly Healthy Aging Series webinar. The webinar schedule is listed on the NCOA web site at www.ncoa.org/content.cfm?sectionid=379.

SAVE THE DATE

The 7th Annual NC Conference on Aging will be held October 28-30 at the Greenville Convention Center & Hilton Hotel in Greenville, NC.

The 2008 theme is

Healthy? Wealthy? And Wise?—Growing Older in North Carolina

More information can be found on the UNC Institute on Aging's website at www.aging.unc.edu/nccoa/index.html.

A Celebration of History

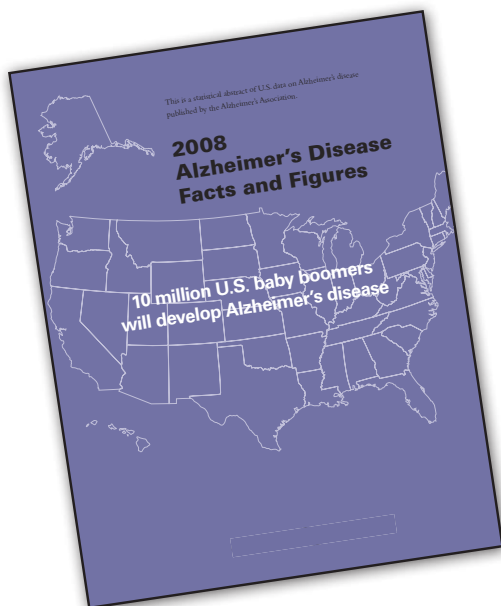
In celebration of Older Americans Month the North Carolina Division of Aging and Adult Services (DAAS) held its first ever reunion on May 2nd in Raleigh. DAAS has a rich history in serving North Carolinians through our programs, services and many partners. We consider ourselves the DAAS family, and the reunion was an

opportunity to reconnect with former employees and interns, who over the past 40 years helped lay the foundation for aging and adult services in North Carolina. While services, programs, and issues have evolved over time, one constant is our collective commitment to quality and accountable public services. Over

the next few issues of *At a Glance*, we will share a bit of history about the Division and the Aging and Adult Services network. We begin with the decade of the 1960's, which is when there was the first White House Conference on Aging (1961) and the passage of Medicare, Medicaid, and the Older Americans Act (1965).

1960's

- In 1965, the federal Older Americans Act (OAA) passed and it called for the creation of State Units on Aging (SUA). The original intent of funding was for planning and coordination. North Carolina's SUA was initially formed in 1966 as a small unit in the Department of Administration with a few staff. The original name was the Governor's Coordinating Council on Aging (GCCOA) with Eddie Brown as the first director.
- The GCCOA made direct grants for planning and services to local entities, such as private nonprofit Councils on Aging – this triggered the beginning of the NC "aging network."
- Durham, Charlotte, and Fayetteville were the first local grantees that were Councils on Aging to receive Title III funds under the OAA.
- Through the years and even up to now, the influence of those early nonprofits (Councils on Aging) has been significant. Approximately half of counties have nonprofit aging providers (COAs) and half have county public agencies.



A newly released report of the national Alzheimer's Association, 2008 Alzheimer's Disease Facts and Figures, cites that there are more than 311,500 Alzheimer's/dementia caregivers in NC providing nearly 269 million hours of unpaid care per year at an estimated value of more than \$2.8 billion per year. The full report is available on-line at www.alz.org/national/documents/report_alzfactsfigures2008.pdf.

Major Advocacy Groups Have Established Their Legislative Agendas for 2008

Senior Tar Heel Legislature	Governor's Advisory Council on Aging	Coalition on Aging	AARP	NCAOA ¹	NC4A ²	NCACDSS ³	Adult Day Services Association
1. Increase funding for home and community-based services for older adults by increasing the Home and Community Care Block Grant.							
\$5 million (m)	\$10 m	\$5 m	X	\$7 m	\$7 m		\$7 m
2. Increase funding for senior centers.							
\$634,684	\$1 m	\$2 m	X	\$200,000	\$5 m		
3. Provide funding to sustain Project C.A.R.E. (Caregiver Alternatives to Running on Empty) in the 14 counties it now serves with the goal of statewide expansion.							
\$500,000	\$500,000		X	\$500,000			X
4. Fund Adult Protective Services Pilot Project.							
				X		X	X
5. Provide dental care for older adults with special needs and in rural areas by appropriating funds to the Office of Rural Health and Community Care.							
\$1,350,000	\$1,350,000		X				
6. Strengthen state elder abuse and guardianship laws.							
			X	X		X	
7. Increase the asset limit for Medicaid eligibility for aged, blind, and disabled persons from \$2,000 to \$6,000 for an individual and from \$3,000 to \$9,000 for a couple.							
	X	X					
8. Appropriate \$2 million for use by the NC Division of Public Health to assist with the provision of indoor plumbing for older adults without these facilities. 2000 Census data indicate that 8,184 persons 60 and older do not have complete plumbing.							
	\$2 m						
9. Increase funding for the Housing Trust Fund.							
			X				
10. Appropriate an additional \$15,000 in recurring funds for the operation of the Senior Tar Heel Legislature. This would result in a yearly budget of \$18,000 to cover three meetings per year.							
\$15,000							
11. Support Area Agencies on Aging to help counties plan for the growth in the aging population/ provide funding for administrative support.							
				X	\$270,000		

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Senior Tar Heel Legislature	Governor's Advisory Council on Aging	Coalition on Aging	AARP	NCAOA ¹	NC4A ²	NCACDSS ³	Adult Day Services Association
12. Address issues related to the appropriate placement of individuals with mental illness.							
			X				
13. Appropriate funds to reimburse Adult Day Services an additional \$5.00 per day.							
							X
14. Support study of safe transportation of passengers in wheelchairs (HB93/SB57).							
							X
15. Increase Medicaid residents' personal needs allowance in nursing homes from \$30 per month to \$50 per month.							
					X		
16. Ensure employees are allowed at least seven paid sick days a year.							
			X				
17. Provide increased funding for a NC Prescription Drug Assistance Program to supplement Medicare Part D and help low-income individuals who do not qualify for the extra help subsidy available from the Medicare Part D program.							
					X		

If you have further questions regarding these legislative agendas, contact Mary Edwards at 733-8400 or mary.edwards@ncmail.net.

¹North Carolina Association on Aging

²North Carolina Association of Area Agencies on Aging

³North Carolina Association of County Directors of Social Services

Family Caregiving in North Carolina: A Guide for Family Caregivers

A new *Family Caregiving in North Carolina: A Guide for Family Caregivers* is now available (http://assets.aarp.org/www.aarp.org/_/articles/states/NC_FmlyCrvgng.pdf).

This publication was created through the collaboration of AARP North Carolina, The Carolinas Center for Hospice and End of Life Care,

the Duke Family Support Program, North Carolina Cooperative Extension, the North Carolina Association of Area Agencies on Aging, and the North Carolina Division of Aging and Adult Services.

The 12-page *Guide* is packed with useful information ranging

from driver safety to statewide resources. A special section on Caregivers in the Workplace is also included.

For copies of the guide, contact the Family Caregiver Support Program Specialist in your region or Jody Riddle at jody.riddle@ncmail.net.

Haywood Community Connections Receives National Award

Haywood Community Connections was one of sixteen programs selected to receive the Acts of Caring Award in 2008. Each year, the National Association of Counties promotes volunteer programs through the Acts of Caring Awards, a national program honoring community-based, county government initiatives that provide a legacy for the future of the country. Honorees were recognized at the National Ceremony held on Capitol Hill in Washington, D.C. during National County Government Week in April.

Haywood Community Connections Director Victoria Young said, "We are overwhelmed at the amount of community

involvement. Our partners and community leaders have followed through on every commitment and goal."

Haywood Community Connections is a Robert Wood Johnson Foundation grant-funded project designed to address and meet prioritized needs of seniors in Haywood County. It is a proactive and collaborative partnership intended to foster grassroots independence and self-sufficiency, resulting in a better place to live, work and age.

More information about Haywood Community Connections can be found on their website at www.haywoodconnections.org.

NC Libraries Collaboration Chosen as Center of Excellence

UNC Chapel Hill to Host 3rd Annual Lifelong Access Libraries Institute

The North Carolina Lifelong Access Libraries Collaboration has been formally designated as a national Center of Excellence and Innovation in the Lifelong Access Libraries Initiative of Libraries for the Future (LFF), the first statewide initiative to receive this honor. The Collaboration members include the UNC Institute on Aging, the UNC School of Information and Library Science (SILS), the NC Division of Aging and Adult Services, and the State Library. The UNC Institute on Aging is coordinating the project, which will be funded by Atlantic Philanthropies.

The Collaboration is forming the basis for the ongoing development of planning, policies and activities aimed at enhancing the civic engagement of older adults in the state of North Carolina. In particular, the Collaboration members are seeking ways in which the state's public libraries can develop new resources, services and approaches that will allow the growing numbers of baby boomers

who are approaching retirement to continue to be vital contributors. The Collaboration will also set a standard for statewide collaboration to bring about a transformation in how libraries understand and work with older adults and partner with other systems focused on improving the quality of life for older adults.

Additionally, the UNC Institute on Aging and the UNC School of Information and Library Science have been selected to co-host the Lifelong Access Libraries Institute for the third straight year. This national training institute will be held July 27-30 on the campus of the University of North Carolina at Chapel Hill. For further information contact Professor Joanne Gard Marshall, School of Information and Library Science and UNC Institute on Aging, marshall@ils.unc.edu or (919) 843-9968, or visit the Lifelong Institute page at www.lff.org/lifelong/index.php.

Project C.A.R.E. Receives National Recognition and Is Highlighted at Community Forums

Project C.A.R.E. (Caregiver Alternatives to Running on Empty) is drawing positive attention at all levels- local, state, and national. The NC Senior Tar Heel Legislature (STHL) selected Project C.A.R.E. as one of its priorities for the 2008 session of the General Assembly. The STHL is holding a series of community forums to discuss its priorities and to highlight Project C.A.R.E. At the state level, the 2008 Study Aging Study Commission recommended state support for this program, as did Governor Easley in his budget. Nationally, the US Administration on Aging (AoA) has chosen Project C.A.R.E. as one of its 2008 Program Champions. AoA will highlight the program on its website on June 13th at (www.aoa.gov). The current speaker of the STHL, Dr. Charles Dickens, has taken the lead in recognizing the value of Project C.A.R.E. through a series of regional

forums. To date, Project C.A.R.E. forums have been held in Haywood, Halifax, Forsyth, and McDowell counties. Future forums are planned for Robeson and Wake counties (June 6 and June 9 respectively). At these events, older adults, their family members, caregivers of persons with Alzheimer's disease and other types of dementia, community leaders, the media, and elected officials are learning about the benefits delivered through Project C.A.R.E. and sharing their experience with the program.

The STHL is recommending the General Assembly appropriate \$500,000 in recurring funds to sustain Project C.A.R.E., with the ultimate goal of statewide implementation. Project C.A.R.E. currently serves 14 western and piedmont counties. Current federal funding for this nationally recognized respite program ends June 30, 2008.

The Division of Aging and Adult Services (DAAS) would like to recognize Dr. Dickens for his extraordinary advocacy efforts and strong leadership. Besides his services as STHL Speaker, Dr. Dickens is a volunteer counselor with the Seniors' Health Insurance Information Program (SHIIP) and serves on the Buncombe County Aging Coordinating Consortium and the Advisory Council on Aging of the Land-of-Sky Regional Council.

"Please let everyone involved know just how much Project C.A.R.E. has meant to my family. Without this valuable service the ability of my father to care for my mother at home would have been close to unbearable. The respite care we have been able to receive with this financial support has greatly helped both my parents enjoy a better quality of life. Of even greater value than the limited funds are the many other services that the professional and caring staff offers. Thank you from the bottom of my heart."

*Jeff Bradley
McDowell County*



Pictured from left to right: Dan Gerlach, Senior Policy Advisor for Governor Mike Easley, and Dr. Charles Dickens, STHL Speaker

DAAS to Expand the Piloting of HCCBG Supported Consumer Directed Service

DAAS is in the planning stages for expansion of Consumer Directed Service (CDS) into additional counties across the state. The Cabarrus County Department of Aging piloted CDS from 2005-2007 as an out federal growth of the Real Choice Systems Change grant awarded to the North Carolina Department of Health and Human Services in 2001. DAAS allowed

Cabarrus County to use Home and Community Care Block Grant (HCCBG) funds to test a new way to help meet consumers' need for services.

Service providers with an interest in learning more about CDS are being sought in all regions of the state. In mid-May, DAAS held an educational webinar on CDS and is planning more for the fall of 2008.

Service providers who have an interest in learning more about CDS or possibly participating in a pilot program should contact their Area Agency on Aging Director or call Mary Jo Littlewood with DAAS at 919-733-0440. Ext. 222 or maryjo.littlewood@ncmail.net.

NC DHHS, Office of Long-Term Services and Supports, Releases Request for Applications to Expand Aging and Disability Resource Connections (ADRCs)

Throughout the state, long-term services and supports are offered through various funding streams, administered by multiple agencies, and have complex, fragmented, and often duplicative intake, assessment, and eligibility functions. Determining how to obtain services can be difficult both for persons who qualify for publicly funded support and those who can pay privately. ADRCs can become a key component of an effectively managed, consumer-driven system of long-term supports and services. Making information and counseling available to both public and private-pay individuals is a central goal of the ADRC vision, as is streamlining access to services and supports.

The NC Department of Health and Human Services Office of Long-Term Services and Supports (NCDHHS OLTS) intends to identify and fund communities interested in demonstrating the value of ADRCs.

The request for applications is posted at www.ncdhhs.gov/olts, with a deadline of June 9, 2008. For more information, contact Sabrena Lea at 919-855-4428 or sabrena.lea@ncmail.net.

Tragic and Deplorable Incident in Winston-Salem Is Also a Tribute to Volunteers

On April 24, 2008, a Senior Services home-delivered meals recipient and one of two Meals on Wheels volunteers delivering his lunch were killed in a violent and senseless attack in Winston-Salem. The other volunteer of the husband and wife team who had been delivering meals for eight years was seriously injured. As tragic as this is, the

amazing story is that all the program's 90 volunteers showed up the next day to carry out their duty and others called in to help if needed. Other agencies offered to assist as well. This response honors the tremendous contributions made by volunteers to aging and adult services across the state.

Digital TV Conversion

Wilmington Will Be First in Nation

On February 17, 2009, TV stations must switch from analog to digital transmission on airwaves. The digital transition not only offers consumers a clearer television picture and more programming choices, but also frees up the nation's airwaves for better communications among emergency first responders.

The Federal Communications Commission made the announcement Thursday in Washington, D.C. that the City of Wilmington will become the first television market in the nation to switch to all digital TV on September 8, 2008. The city will serve as a test market to work out any kinks before the rest of the nation goes digital in February 2009.

By February 17, 2009, consumers with analog TV's that are not connected to cable or satellite should look at each analog television set in their home and decide whether they want to connect the TV to cable, satellite or pay television service;

—replace the old TV with a new one that has a digital tuner; or—keep the old TV and get a converter box.

In preparation for this transition the government has made all households in the United States eligible for the Converter Box Coupon Program. Upon request, this program will provide up to two (2) \$40.00 coupons per household toward the purchase of an eligible converter box(s) from a certified consumer electronics retailer. Only one coupon can be redeemed per converter box. It is unlawful for consumers to combine coupons toward the purchase of a single converter box or to purchase consumer electronics items other than eligible converter boxes. Coupons have no cash value and may not be resold. Coupons will be electronically tracked and uniquely numbered, similar to gift cards, so that the transactions will be verified at the point of sale. The coupons will expire three months after they are mailed. Converter boxes are expected to cost between \$50-70.

Coupons may be requested between now and March 31, 2009 in one of four ways:

1. Online at **www.dtv2009.gov**
2. By calling the Coupon Program 24-hour hotline at **1-888-DTV-2009 (1-888-388-2009), TTY: 1-877-530-2634**
3. By mailing a coupon application to:
P.O. Box 2000, Portland, OR 97208-2000
4. Faxing a coupon application to **1-877-DTV-4ME2 (1-877-388-4632)**

Choose Direct Deposit for a Safer Retirement

Many older Americans may have concerns about their safety. Some may live alone, have limited mobility, or rely on the watchful eye of caring neighbors, close friends or family. For people who receive Social Security or other federal benefits by paper check, switching to direct deposit can help ensure a safer retirement.

Paper checks make up only 20 percent of the total number of Social Security payments, but they account for more than 90 percent of reported problems. In fiscal year 2007, for example, nearly 60,000 Treasury-issued checks were forged – totaling an estimated \$56 million. Direct deposit eliminates the risk of check fraud and helps protect people from identity theft.

The Division of Aging and Adult Services urges seniors and others to switch to direct deposit today. Signing up is easy: call the **Go Direct** toll-free helpline at (800) 333-1795, visit **www.GoDirect.org** or talk with your local bank or credit union. It takes just a few minutes to make the switch.

Direct deposit isn't just safer. With direct deposit, senior citizens can also gain greater control over their money and have an easier, more convenient way to access their funds.



The North Carolina Study Commission on Aging

The North Carolina Study Commission on Aging met five times and conducted two public hearings during the 2007-2008 interim of the NC General Assembly. In response to the study and evaluation of services to older adults, the North Carolina Study Commission on Aging made the follow 16 recommendation to the Governor and the 2008 Session of the General Assembly.

1. Appropriate additional Senior Center Funds
2. Appropriate additional Home and Community Care Block Grant Funds
3. Appropriate funds for Project C.A.R.E.
4. Appropriate funds for Adult Protective Services Pilot Program
5. Appropriate funds for a Statewide Aging Study
6. Support adult care home residents
7. Support for a reward system for adult care homes with high ratings
8. Support for respite care
9. Study of older adult hearing loss
10. Support criminal background checks for nursing home administrators
11. Support Guardianship Study recommendations
12. Study safe transport of passengers in wheelchairs
13. Study medically needy income standard
14. Increase long term care insurance tax credit
15. Establish multiunit assisted housing with services (MAHS) registration fee/penalty for failing to register with DHHS.
16. Study Special Assistance Income Disregard.

The full text of the recommendations will be made available on www.ncleg.net.



The NCcareLINK program is quickly becoming a major database of health and human services in the state. Since August of 2007, the database has grown by over 5,000 services, such that there are now about 8,400 community resources identified online. The program's data hubs are putting more services in the database daily. The referral portion of the software should be available to all of the data hubs soon. Hub representatives began meeting monthly in January 2008 via teleconference calls to discuss state issues and strategies important to the program's future development. You can view the public portal at www.nccarelink.gov. Please contact Andy Raby at andy.raby@ncmail.net if you have any questions.

at a glance

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